

## ABSTRACT OF THE DISCLOSURE

Apparatuses, methods and the like for providing improved general health, fitness and well-being to an individual are provided. The present invention utilizes a lightweight body suit designed with “space age-type” materials to provide wicking and  
5 highly breathable and further allow for a super-snug comfortable fit stretching over the torso in a unique manner, wherein the present invention includes connected resistive material to thin nonstretch points of fixation throughout the body.